

Aging Well in Alexandria



A Livable Community for All Ages January 2016

A collaborative communication effort between
At Home In Alexandria (AHA!),
City of Alexandria Division of Aging and Adult Services,
and Senior Services of Alexandria

Senior Services of Alexandria is teaming up with AARP for an informative **Caregiver Resources and Support Workshop** on Saturday, January 9, 2016, at Immanuel Church on the Hill, 3606 Seminary Road in Alexandria from 9:30 am – 12 noon. Participants will hear from local experts from Insight Memory Care Center and Griswold Home Care on the importance of making a plan, the various options available for health care, and resources and support for those serving as caregivers. Retired Major General Antonio Taguba will kick-off the session with insights gained from his personal experience serving as a caregiver for his elderly parents. To help others, General Taguba now advocates for caregivers and their families as an AARP Community Ambassador. This event is free and open to the public with light refreshments served. Please RSVP online at www.seniorservicesalex.org or call 703.836.4414 ext. 110.

The City of Alexandria and the Alexandria Volunteer Bureau (AVB) are cooperating on a program to provide **snow removal assistance** for residents with low incomes who are elderly or disabled. In advance of a storm, the City and AVB can match eligible residents with volunteers who may shovel snow. Residents are strongly encouraged to apply for this program well in advance to ensure that their sidewalks are cleared in a timely fashion to avoid fines or snow removal charges. The City cannot guarantee that volunteers and or assistance will be available during a snow emergency. For more information, including requesting an application, please contact: Darryl Edwards at 703.746.4321.

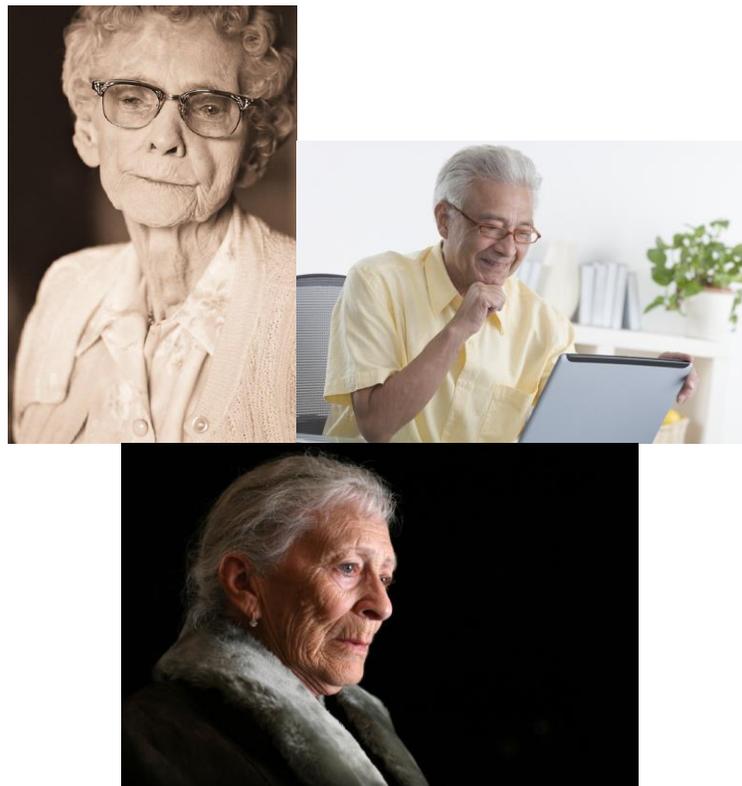
Symptoms of mental illness may present differently in older individuals making accurate diagnosis and treatment more challenging. There is help for City residents age 60+ through the Alexandria Division of Aging and Adult Services (DAAS) Geriatric Mental Health Team. The Team meets older adults in their homes and other community settings, providing intensive mental health services, including consultation and assessment, individual and family therapy, mental health case management, outreach, community education and support to caregivers. Services are available for Alexandria residents, age 60+ who present with mental health symptoms regardless of their income. Services may be triaged based on urgency. If a waiting list for services exists, priority is given to low-income individuals. For additional information about the program call 703.746.3573.

At Home in Alexandria (AHA), the city's first "village concept" for aging in place, enables older residents to remain in their homes as they age. Through a network of enriching and supportive services, members enrolled in the fee based program receive assistance with transportation, home repairs, computer support, gardening and much more. AHA also offers social and cultural outings and events.

Contact the AHA office for additional information at 703.231.0824 or go to www.athomeinalexandria.org

The Division of Aging and Adult Services is part of Alexandria's Department of Community and Human Services serving seniors, their caregivers, and adults with disabilities. The division serves the diverse needs of Alexandria's residents as they grow older by promoting economic independence, self-sufficiency and security through home and community-based services. Contact: 703.746.5999

Senior Services of Alexandria operates and provides services for Alexandria City seniors including Meals on Wheels, DOT Para-transit, the Friendly Visitor Program, and the Senior Resource Center which offers employment assistance, in-home care and service referrals, community information and other support services. Contact: Mary Lee Anderson at 703.836.4414 X11.



Together we can meet the needs of seniors and their caregivers in Alexandria.